

WELLNESS

for Every Part of You

Get Started: Log in to your account and select the Wellness Center > Healthy Discounts > Acupuncture, Chiropractic, Massage Therapy > ChooseHealthy. For more information on participating facilities, visit <https://www.activeandfitdirect.com/search>.

Top Gyms Starting at \$28/mo.¹

From yoga, to strength, to Pilates, and more—**thousands of gyms and premium studios** to choose from. Pick your favorite and work out your way.

NEW Active&Fit Direct™ Marketplace

10% - 50% Off Wellness Products²

Unlock exclusive deals on gear, gadgets, and apparel from Adidas®, New Balance®, Fitbit®, NutriBullet®, Therabody®, and more!

No Long-Term Contracts, Annual Fees, or Cancellation Penalties

Enjoy ultimate flexibility and choice. Plus **save \$5** when you add a second gym.³

More to Power Your Progress

Make lasting changes with **personalized 1-on-1 virtual coaching** in sleep, stress, nutrition, and GLP-1 weight loss—all at no extra cost!⁴

Enroll your partner and move toward your goals together.⁵

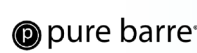
Access thousands of on-demand workout videos—**free and at your fingertips.**



12,800+
Standard Gyms



10,200+
Premium Gyms



¹Plus applicable enrollment fees and taxes.²Not all program sponsors offer Marketplace; vendors, products, and discounts are subject to change.³Members may select multiple gym memberships with a \$5 discount off the monthly fee for each additional gym selected.⁴Active&Fit Direct and its coaches provide general information for educational purposes only and do not offer medical or pharmaceutical advice or diagnoses. For any medical or health concerns, consult a qualified healthcare professional.⁵Add your spouse/domestic partner for additional fees. Fees will vary. Conditions apply.

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